



Dear Parents,

Thank you for your interest in the Transition to University (T2U) College Prep seminar! We are excited about having your rising first-year student join us in learning the important life skills necessary for successfully dealing with this significant life experience!

Since its inception in 2006, research has consistently shown the T2U program to be highly successful in helping first-year students make the transition from high school to college. Freshmen who have participated in the T2U program at Queens University of Charlotte have significantly higher retention compared to freshmen who did not participate in the program. These freshmen also reported high social and academic adjustment, increased self-confidence, and increased ability to apply valuable skills taught in the program to issues common in the university setting.

This one-day seminar will help your rising freshman learn how to navigate the realities of college life (including dealing with roommate conflict and procrastination) and form new social ties while maintaining valuable connections with family and friends at home. This seminar will be held on the campus of Queens University of Charlotte, which will provide a realistic setting for these discussions. Meetings will involve short workshops on several aspects of the new experience your rising freshman can expect to have at their new school, as well as an opportunity for discussion among participants as an “in-vivo” exercise of connecting with new peers. Your young adult will find this to be an opportunity to meet and get to know other rising first-year students in the Charlotte area, and to discuss academics, living situations, social relations, and other daily life concerns commonly experienced during the first few months of college life. Upper-class university students have been invited to participate in some of the discussions and workshops to provide a real-world perspective from students who have been there.

The sessions will focus on an in-depth lecture and discussion of topics related to the transition to university life and includes activities and exercises designed to educate your child about skills necessary for dealing with the issue(s). There are unique, specialized assignments to take home for you and your young adult to review together as you all prepare for the exciting transitional experience ahead. These suggested assignments include:

- Identifying parental expectations for your child while at college (e.g., grades, school involvement, use of the car)
- Balancing academic & social lives: creating a weekly time management sheet to identify how time is used both currently and at college (e.g., classroom time, study time, social time, sleep, exercise)

- Completing the Parent-College Student Contract for College: important and necessary questions to answer about how to deal with college (e.g., “how many times a week will we talk?”, “Will we be Facebook friends?”, “Do I have a curfew when I visit home?”, etc)

Please note that these discussion groups do *not* involve any *personal* counseling - that is available should referrals be requested. Of note, all discussions and personal content remain confidential. Discussion topics will be flexible, so that participants' questions can be dealt with as they arise.

The seminar will be held on **August 7, 2019** on the campus of Queens University of Charlotte (**location TBD**). Parking for the seminar may be found via street parking on Selwyn Avenue or along the side streets of Radcliffe and Wellesley. Parking is also available in the **Fine Arts Center Lot** (*G on campus map*) or the **Harris Welcome Lot** (*A on campus map*).

Information online can be found at:

<http://www.queens.edu/About-Queens/Visiting-Queens.html>

The seminar fee to participate in this full day event is **\$200.00**. This fee includes all workshop instruction, materials, in addition to lunch and snacks/drinks throughout the day to facilitate discussion and focus. Please notify us immediately if your young adult has food allergies we should be alert of.

To participate, please complete the registration form and send payment via mail or online. The registration form includes instructions on your preferred payment method.

If you have any questions or concerns, please do not hesitate to contact me at:

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Warm regards,

Dr. Melinda Harper